

Meat Loaf with Cornbread Topping

meat loaf ingredients:

- 1-1/2 pounds ground chuck
- 1. pound ground pork breakfast sausage
- 1-1/2 cups cooked rice
- 1. tsp. salt
- 1/2 tsp. pepper

topping ingredients:

- 1. cup flour
- 1. tsp. baking powder
- 1/2 tsp. salt
- 1/4 tsp. sage
- 1. tsp. shortening
- 3/4 cup milk
- 1/2 cup cornmeal
- 2. tsp. sugar
- 1/8 tsp. pepper
- 1/4 tsp. thyme
- 3. eggs, beaten

Preheat oven to 350 degrees. Mix meat loaf ingredients together and lightly press into a 9x5-inch loaf pan. The top of the meat loaf should be flat to make an even surface for the topping. In a mixing bowl, combine the dry topping ingredients and cut in shortening. Add eggs and milk and blend well. Spread topping evenly on top of meat loaf. Bake at 350 degrees for 60 minutes.

Beef Stew and Lima Beans

3/4 cup dried lima beans

- 1. pound boneless chuck stew beef, cut in pieces
- 1. bunch carrots

salt, pepper and celery salt

Soak beans overnight, drain. Add meat and cook 1-1/2 hours in boiling water. Add carrots and cook until tender. Season with salt, pepper and celery salt. Serve with tomato sauce.

Beef Stew

- 1-1/2 pounds boneless stew beef
- 3 tbsps. bacon fat or shortening
- 1-3/4 tsp. salt
- a few dashes of pepper
- 1. onion the size of a large egg, peeled
- 1/3 cup water, and more as needed
- 5 carrots (6 inch long)
- 5 potatoes (medium size)

Wipe meat with a damp cloth and cut into 1-1/2 inch cubes. Heat fat until sizzling in a heavy 3 quart saucepan or dutch oven. Add meat, turning it often until a fine rich brown. Add thickly sliced onion to meat the last five minutes of browning. When brown, sprinkle with 1

teaspoon salt and pepper. Add water, cover, heat to boiling, reduce heat and simmer until meat is almost done, from 1-1/2 to 2 hours. After simmering 1 hour, if more water is needed, stir in 1/4 cup at a time. A half-hour before serving time, add scraped and washed carrots cut into 2-inch lengths and pared halved potatoes. Sprinkle with remaining 3/4 teaspoon salt. Cover and cook until vegetables are just done. There should be enough liquid in pot to almost cover meat and vegetables. To make gravy, mix 1/3 cup water and 1 tablespoon flour. Blend until smooth. Push meat and vegetables to one side and pour flour mixture, while stirring, in a stream into broth. Cook and stir 2 to 3 minutes longer until thickened and smooth.

Carolina Beef Stew

- 1. pound boneless beef cubes
- 2. tbsp. fat
- 1. onion, chopped
- 2. tbsp. catsup
- 3. cups beef bouillon
- 1. cup diced tomatoes
- 1. tsp. salt and pepper
- 2. cups diced raw potatoes
- 3. cups sliced carrots
- 6 small onions (whole)

Brown beef in fat. Add chopped onion, catsup, bouillon, tomatoes, salt and pepper. Cover and simmer about 1-1/2 hours until meat is tender. Add potatoes, carrots and whole onions, barely cover with water. Cover and simmer until vegetables are cooked (about a half hour).

Brunswick Stew

- 1. large chicken
- 1. rabbit
- 2. bay leaves, crumbled
- 5 peppercorns
- 3. sprigs parsley
- 1. stalk celery, cut up
- 3 potatoes, cut up
- 2. large onions, sliced
- piece of salt pork
- 3. cups fresh corn, cut from cob
- 4. cups large lima beans
- 6 tomatoes, quartered
- salt and pepper
- 1. tbsp. sugar
- 1/2 tsp. oregano
- 1/2 tsp. thyme
- 1/2 tsp. savory

Cut salt pork in small pieces and brown slowly in large skillet. Remove salt pork and save. Cut rabbit into serving pieces, dredge in seasoned flour and brown in salt pork fat. Place chicken in large pot, place rabbit on top of chicken. Add salt pork, beans, onions and celery. Cover with boiling water, cover tightly and simmer 2 hours. Add other ingredients except tomatoes. Cook until vegetables are just tender. Mix

a little flour and water and add to stew. Add tomatoes and cook 5 minutes. Correct seasoning and serve.

Brunswick Stew

- 2. pounds beef or veal cubes
- 1. large chicken
- 2. cups diced raw potatoes
- 4 cups cut corn
- 1. cup chopped onions
- 3 cups fresh lima beans (or cooked dry lima beans)
- 4 cups canned tomatoes
- 1. tbsp. salt (to taste)
- 2. tbsp. hot sauce
- 3. tsp. red pepper

Place beef or veal and chicken in large pot, cover with water, bring to boil, reduce heat and simmer over medium-low heat until tender. Remove meat from bones. Skim fat from liquid. Return meat to broth. Add other ingredients. Simmer slowly for several hours to blend flavors and thicken. Serve hot.

Company Brunswick Stew

- 4. fat hens, cut up
- 6 28-ounce cans of tomatoes
- 5 pounds of onions, chopped
- 10 pounds of potatoes, cubed
- 4 10-ounce packages frozen lima beans
- 4 17-ounce cans cream style corn
- 5. 10-ounce packages frozen cut okra
- 6. red pepper pods
- 7. 20-ounce cans tomato puree
- 1. 5-ounce bottle worcestershire sauce
- 1. pound butter (no substitute)

Cook hens in plenty of water over medium-low heat until they are tender enough to fall from bones. Remove chicken and let cool. Add tomatoes and onions to broth and cook 1 to 1-1/2 hours. Meanwhile, remove meat from bones and return to broth. Add potatoes, lima beans, corn, okra and pepper pods. Reduce heat and cook 1 hour longer, stirring occasionally. Add tomato puree, worcestershire sauce and butter. Simmer about another half hour. Serves 35 to 40.

Pea Soup

- 1/2 tsp. salt
- 1/8 tsp. pepper
- 2. tbsp. butter
- celery salt
- parsley
- 3. cups chicken stock
- 4. cups cooked green peas
- 1. cup cold water
- 1/2 onion
- 1. cup milk

Set aside one third of peas. Add remainder to water, chicken stock and seasoning and let simmer for 30 minutes. Press through sieve. Add butter. Let boil for a few minutes then add milk and remaining peas which have been heated.

Split Pea Soup

1-1/2 cups dried split peas

1/2 cup onion, chopped

1/8 tsp. pepper

5 cups water

Simmer peas, onion, salt and pepper in water 20 to 30 minutes until peas are tender.

Corn Chowder

2. slices diced salt pork (or 2 tbsp. butter)

1/2 cup diced onion

3. cups diced raw potatoes

4. cups water

5. cups fresh (or canned) corn

6. cups hot milk

1. tsp. salt

1. tsp. pepper

Saute onion in butter (or pork grease) and mix all ingredients (except milk) in large pot. Cook until potatoes are tender. Add milk last and serve hot.

Confederate Corn Chowder

3 cups water

1. medium onion, diced

1. cup potato flakes

1. cup whole kernel corn

1/2 cup dry milk powder

salt and pepper

Combine ingredients in a large pot. Bring to a boil and simmer until onion is tender. Season to taste. Makes 6 servings.

Forager's Potato Soup

3 cups potatoes, peeled and diced

2. cups water

3/4 tsp. salt

1. cup onion, chopped

2. tbsp. vegetable oil or butter

3. tbsp. flour

4. cups milk

1. tsp. dried parsley

1/2 to 1 tsp. garlic powder

1/4 tsp. pepper

Bring potatoes, water and salt to a boil in a saucepan. Reduce heat and simmer, covered, for 15 minutes or until the potatoes are tender.

Without draining the potatoes, mash them up. Meanwhile, in a large

saucepan, heat oil and add onion. Cook until onion is soft. Sprinkle in flour and stir for 1 minute. Gradually add milk, stirring frequently for 5 or 10 minutes until thickened. Add cooked potato mixture and seasonings blended together.

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